

UNIVERSES MISSELVES

C. Beegon 1981

NOVEMBER 21 2-5 PM

PALO ALTO CULTURAL CENTER
1313 NEWELL RD.
(OFF EMBARCADERO ROAD)
PALO ALTO

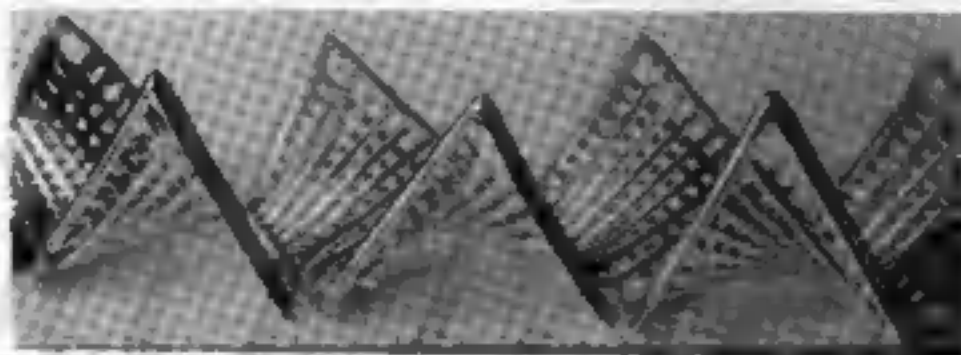
What is this grey lump that appreciates the universe, and turns information into "meaning"?

ROBERT MCKIM, AUTHOR OF EXPERIENCES IN VISUAL THINKING;
THE FILM, RADIANCE, AND ITS MAKER, DOROTHY FADIMAN; AND MERRY RENK,
GOLDSMITH AND SCULPTOR. ALSO WILL BURNHAM, SYRACUSE COLLEGE PROFESSOR
WHO TEACHES "THE BRAIN".

PRESENTED BY:



ARTISTS USING SCIENCE & TECHNOLOGY



C. Adell 1981

Carrie Adell's bracelets of hinged tetrahedra are in fact sculptures to be shared with. Their space-filling shapes wrap around each other, making various patterns. Her approach to her life and art are similarly interactive:

"I see process as living and doing. Structure is a recording, an externalization of process. A "created" object is a statement about process, making "something" out of one's self and other "somethings". That communication, the created object, may elicit esthetic experiences in the receiver, similar to or different than those of the maker. The more similar, the more shared the experience. In order that the receiver share the experience, she/he must recreate (actually create) it for her/himself. Shared experiences validate my sense of self. They remove the "lonely" from "aleness". Richly shared experiences are very satisfying. My art brings me many of the people with whom I share the joy of living, and live the enjoyment of sharing."

She started as a painter, gravitated to pottery and enamels, and finally taught herself metalsmithing while raising three children. From New York, she lives in San Anselmo with her husband, a retired psychologist.

Ylem NOVEMBER 1981 - CALENDAR

- ONGOING** "Computer Chronicles" with Stewart Chiefet, KCSM (Channel 60) Thurs. 7-7:30 PM, Fri. 9:30 AM, Sat. 5:30 PM
- THRU NOV.** Copy Machine Art by 6 artists, including our own Eleanor Kent. Gallery Sanchez, 1021 Sanchez, San Francisco 282-2317.
- NOV. 21** **YLEM MEETING:** Universe/Ourselves, 2-5 PM, Palo Alto Cultural Center, 1313 Newell Rd., (off Embarcadero), Palo Alto. Arrive at 2, leave late to avoid Stanford rush traffic.
PERPETUAL BIRTHDAY: at the Ylem meeting. Bring Ylemish (?) books and periodicals. Those who buy will be inadvertently donating to Ylem.
- NOV. 21** Silicon Valley Graphics Tour: "See it all" in one day by chartered bus. Cost: \$15. Place and Time of departure to be announced. For information, call Eleanor Kent, 647-8503.
- DEC. 5** Physics and Being: Seminar by George Weissmann, theoretical physicist, and William Soskin, psychologist. \$40. Time, Space, and Knowledge, Nyingma Center, 1815 Highland Pl., Berkeley (415) 845-2171.
- DEC. 17-** "Song of Ages"- Light, Sound, and Motion: by Laser Affiliates and
DEC. 18 L.A.S.E.R. (Sounds like a light show to end all light show experiences!)
Dec. 17, 18, 7:30 ; Dec. 19, 7:30 & 9; Dec. 20, 2:30 matinee.
Tickets \$4 from arts box office, 469-2467. Information, 864-7611.
San Francisco State Univ. McKenna Theatre, Holloway, S.F.
- BEING PLANNED** Field trips to Imaginarium at Stanford and Stanford Biofeedback Light Sculpture setup in December or January. Phone Trudy Reagan for information, 856-9593.

YLEM (eye-lem): The primordial stuff from which the universe emerged.



BOOKS ABOUT THINKING Suggested by McKim, Paulinac, Kim, Ghies, Perlaetter, Resner, Franklin, Villareal...

What we may have here is a spicy blend of contradictory ideas!

The Act of Creation, Arthur Koestler (Macmillan 1964). Very readable. Lots of information.

Art and Illusion, E. F. Crook (Princeton 1969) This very ~~interesting~~ ~~book~~ sheds new light on art history.

Art and Visual Perception, "A psychology of the creative eye". Rudolf Arnheim (U. C. Press 1954). A very detailed investigation of how the brain perceives space and representations of it.

Essays on Mind, Daniel Dennett (Bradford ~~Books~~ 1978, paper) Philosophical essays on mind ~~and~~ psychology.

Books by ~~William~~ Fuller:
Operating Manual for Spaceship Earth
No More Second-hand Gods
Wise Chains to the Moon

Change: Principles of Problem Formation and Problem Resolution, Paul Matzlowick (Morton 1974) Shows how the most creative thing ~~one~~ can do with a problem is ~~to~~ redefine it.

Consciousness and the Physical World, Brian Josephson, ed. (Oxford) N.Y.: Pergamon Press ~~1971~~ Proceedings of a conference.

Creativity: The Magic Synthesis, Sebino Arlt ~~1971~~ different kinds of thought ~~processes~~ intersect...

Books by Edward DeBono:
A Five-Day Course in Thinking, Slip into the puzzle-solving ~~mode~~;
How Think, The puzzle-solving ~~mode~~ is a strategy for getting through life.
Mechanics of Mind, Simple models illustrate important mind functions.
Children Solve Problems: Problems like "weigh an elephant". Funny!

Drawing on the Right Side of ~~the~~ Brain, Betty Edwards (J.P. Tarcher, Inc.: L.A. 1979, paper) She explains what doing fine drawing feels like well ~~enough~~ that ordinary people learn it.

Experiences in Visual Thinking, Robert McKim (Brooks Cole 1972, paper) McKim shows that the problems/opportunities of invention are multifaceted and that we can learn to visualize better to "see" various solutions more vividly.

Godel, Escher, Bach, Douglas Hofstadter (Basic ~~Books~~ 1979) Mental constructs invented for mirroring reality also loop back and mirror themselves in unexpected ways.

The Illuminati Papers, Robert ~~Wilson~~ Wilson A lighthearted collection of

***** about increasing intelligence.

Mind and Nature, Gregory Bateson (Dutton 1980, paper) How we think and learn is the same sort of system that governs evolution and ecology.

Psychology of Consciousness, Robert Ornstein (M.H. Freeman 1972, paper) From an early investigator of right-brain talents. Small and Easy.

Stalking the Wild Pendulum, Itzhak Bentov (Dutton 1977) On the Mechanics of Consciousness.

NEW! The Mind's I, Douglas Hofstadter and Daniel Dennett, eds. (Basic Books 1981) Fantasies and Reflections on self and soul.

NEW! The Wave Logic of Consciousness: a Hypothesis, Yuri Orlov (International Journal of Theoretical Physics Vol. XX no. 26 1981) The problem of "certainty" and quantum logic by a Russian "refusenik" physicist.

FORTHCOMING: The Enchanted Loom, Robert Jastrow (Simon & Schuster 1982?) "Like the Milky Way entering upon some cosmic ether, the brain is an enchanted loom where millions of flashing shuttles weave a dissolving pattern, always a meaningful pattern imposed upon an aimless and a shifting harmony of innateness." Sir Chas. Sherrington.

----- MAILING LIST UPDATE

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BIOFEEDBACK SCULPTURE A TOOL FOR RESEARCHER JEAN MILLAY

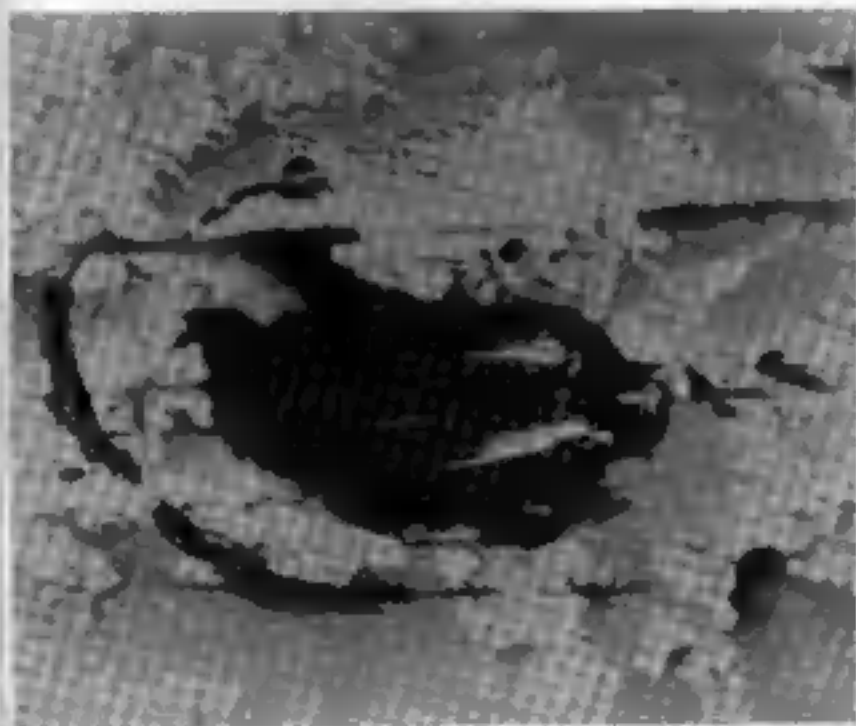
Intuition, a function often attributed to the right hemisphere of the brain in recent years, instead may represent unusual synchronization of both hemispheres. The evidence comes from biofeedback research in which subjects learn to synchronize their brainwave activity bilaterally. After the periods of quiet, sustained focus that accompany bilateral 'synch', participants often report flashes of creative insight.

Biofeedback researcher Jean Milloy uses a 'light sculpture' in training subjects. The 'sculpture' is a box with receding rows of lights, each row a different color, forming a portion of a three-dimensional pattern. The colors represent different frequencies - alpha, beta, gamma, and theta. There are also colors for non-brainwave artifacts generated by muscle activity.

Biofeedback engineer Tim Scully, who assisted Milloy in the design of the light sculpture, described his own experience of bilateral synch in terms of aviation technology: "Single channel alpha training, for me, is like flying an airplane in straight and level flight: just let go and you'll be likely to do well. EEG bilateral synch in alpha is more like flying a helicopter. It feels like a dynamic balance. It is a quiet and centered state, but it requires a focus to maintain stability." However, the focus cannot be self-conscious. The moment one becomes aware of being in focus, Milloy said, both the focus and the EEG synchronization cease.

"Instead of measuring how bright or how focused students are, perhaps we should be teaching them how to focus their attention", says Milloy. "Bilateral synch can be a powerful complement to one's 'intention to know'. When intention to know is combined with the appropriate focus of attention, the brain can produce powerful insights." (Excerpted from *Brain/Mind Bulletin*, May 11, 1981).

Date for a field trip to see Jean Milloy's equipment will be announced at the November meeting.



c. Silnes 1981

RUTH SILNES paints cosmic objects such as some of us conceive imaginary landscapes. She develops techniques of teasing multicolor masses of paint into fluid, rolling surfaces. She had been at this for several years before close-ups of Jupiter revealed essentially identical forms. Ordinary people visiting her studio tended to look right past this aspect of her work. Overnight, they were able to "see" it and to offer comments. She says:

"A cloud of perception occasionally comes over me and I paint an event I do not fully understand. When knowledge of something that looks like my painting is shown to me at a later date I am temporarily amazed, then realize with the myriad of pictures that go on in my head perhaps it is just a normal phenomenon I happen to be able to record".

Ruth's studio is at Twin Pines Art Center in Belmont.



RECEIVE FUTURE NEWSLETTERS - BECOME A MEMBER!

\$5 per year - ~~mail~~ checks payable to Ylem, ~~mail~~ to Gertrude Meagan, 967 Moreno, Palo Alto, CA 94303

NAME _____ SPECIALITY _____

ADDRESS _____ INTERESTS, HOBBIES, OFFERINGS: _____

CITY _____

phone: _____

YLEM NEEDS: FREE MEETING SPACE, easy to find, with parking, in San Francisco for January meeting. **OLD PHOS.**, to ~~mail~~ critiques about our work in early '82. **BARGAIN HUNTER**, to compare prices for artists having color postcards made of their work. (Ask whether Ylem could get a group rate!). Cards of several artists could be made into packets of "Ylem Art" to be sent to gallery directors and mail art shows ~~in~~ well ~~in~~ being ~~mail~~ by each artist.

OPPORTUNITIES FOR MEMBERS WITH SLIDES: Steve Zins, 1301 Bryant, Palo Alto, who is angling for ~~in~~ Ylem ~~mail~~ at a gallery or small ~~mail~~ in 1982, needs slides to submit to curators. Please ~~mail~~ 3 slides ~~mail~~ of each work and send to him ~~in~~ ~~mail~~ as possible. Why 3? Several galleries have the same submission dates. If you need them back, include S.A.S.E.. Also, the Center for ~~mail~~ Visual Arts in Oakland aims to ~~mail~~ the comprehensive slide registry of artists' work in the area. It is drawing upon slide libraries of other organizations such as ours. (It is worth noting that you, as an individual, can join the center, and have your work represented in depth, updated each year (20 slides for \$30 membership-slide fee)). Send to CVA, 1818 Webster St., Oakland, 94612.

Eleanor Kent reports that the S.F. ~~mail~~ of Commerce is looking for lectures and tours for wives of conventioners, and they pay well. Another project for Ylem slides? Or you?

PICTURES FROM SPACE available at NASA Audio-Visual Facility, 918 Rengstorff, Mountain View (415) 965-6270. Slide library, posters, pamphlets.

MAILING TO ARTISTS WITH IDEAS: Gravitronics Systems Engineering, (415) 644-2230, Berkeley. (Computer graphics company) - suggested by Jack Alan.

Ylem
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